



"Don't let anyone look down on you because you are young, but set an example for believers in speech, in life, in love, in faith and purity." 1 Timothy 4:12

We would like to invite your school to participate in the Fifth Annual Ontario Christian Small Schools Track and Field Invitational. In 2010, the meet will again be held on the all weather track at **Chino High School**. There are openings for twenty-five schools, on a first registered, first entered basis.

Registration Instructions:

- Secure your spot by contacting Larry Vanden Berge at lvandenberge@ocschools.org.
- **Early/Priority** entry deadline is Thursday, January 15, 2010.
- A registration confirmation email will be sent to you along with a contract to finalize your entry.
- Please send a check made out to Ontario Christian High School no later than March 5, 2010.
- Entry fee is non-refundable.

Meet Information:

When: Saturday, March 20, 2010.
Coaches Meeting/Warm-up time - 9:00 AM,
Field events - 10:00 AM, Running Events - 11:00 AM

Where: Chino High School
5472 Park Pl
Chino, CA 91710

Cost: \$150.00 for one team (boys or girls)
\$300.00 for boys and girls team
\$20.00 per athlete for teams of 7 athletes or less.

Spectators: A snack bar will open for lunch and refreshments. A program will be provided with complete rosters.

We are looking forward to an enjoyable, competitive afternoon and hope to include your school as part of our meet.

David Parkes, Athletic Director
dparkes@ocschools.org
909-984-1756 ext. 17

Larry Vanden Berge, Athletic Coordinator
lvandenberge@ocschools.org
909-984-1756 ext. 36

Meet Information, Rules, and Procedures:

1. **Participants may wear any type of shoe except those with spikes longer than 3/16".** No baseball, football, or soccer type cleats will be allowed. Also, bare feet are not allowed for any of the events (including field events).
2. Only three boys and three girls may enter any one event from each school.
3. Participants may enter no more than a total of four events, including the relays.
4. Flights and Heats will be formed based on marks sent in by coaches. Flight 1 and Heat 1 will be best qualifying marks.
5. Field Events will run exclusively from 10:00 - 11:00, and then will continue until completed. Running events will begin at 11:00 and will take precedence over field events. **Practicing for Field Events can only take place from 9:00 - 10:00.**
6. All participants should be alert so that they will not miss their running event. They should let the judge of the field event know when they must go to compete in another event. Participants should also let the judge know if they are in more than one field event.
7. **All non-participants must stay off the infield.** Participants and coaches are the only ones allowed on the track area. Parents, spectators, and participants who are finished or between events are encouraged to stay in the bleachers. After the completion of the last field event, we will ask that the infield be cleared. **Please remind all participants, coaches, and spectators that any "pacing" of participants will lead to disqualification of said participant of that event.**
8. Medals will be given to the first three places. Standings will be based on best times, regardless of the heat. Team points will be awarded as follows:
Individual Events: 1st—10, 2nd—8, 3rd—6, 4th—5, 5th—4, 6th—3, 7th—2, 8th—1
Relays: 1st—10, 2nd—8, 3rd—6, 4th—5, 5th—4
9. Awards will be given to the top three boys and girls teams.
10. Radios will not be allowed on the field at any time. Please bring only personal radios/ I-pods/CD players with headphones.

Order of Running Events:

4 x 100m Relay
1600m Run
100m Hurdles (girls)
110m Hurdles (boys)
400m Run
100m Dash
800m Run
300m Hurdles
200m Dash
3200m Run
4 x 400m Relay

Field Events:

High Jump
Long Jump
Triple Jump
Shot Put
Discus Throw





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Include our school, _____ in the Ontario Christian Small Schools Track & Field Invitational on Saturday, March 20, 2010.

Included is the Registration fee of \$ _____. We will be entering:

- Boys team @ \$150.00
- Girls team @ \$150.00
- Girls and Boys Teams @ \$300.00
- Individual Athletes @ \$20.00 (for teams of less than seven)

Name of coach : _____

E-mail of coach: _____

Cell Phone number of coach: _____

Fax number of coach: _____

***Please return this form with entry fees by Friday, March 5, 2010 to:**

**Ontario Christian High School
Attn: Larry Vanden Berge
931 W. Philadelphia St.
Ontario, CA 91762**

**Phone: 909-984-1756 ext. 36
FAX: 909-460-0176
E-MAIL: lvandenberge@ocschools.org**

